

# 5 A Day Recipes

## Orange Recipes

### Curried Rice with Roasted Carrots and Apricots

#### Serves 4

This colorful, spicy and sweet combination goes well with chicken or fish.

- 3 cups basmati rice (or any type of rice)
- 2 cups carrots, sliced
- 1/2 cup low-sodium chicken or vegetable broth
- 2 tablespoons curry powder (sweet or hot, depending on preference)
- 1/2 cup dried apricots, diced
- 2 tablespoons walnut segments or sliced almonds, toasted\* (optional)

Cook rice according to package directions. Meanwhile, roast carrots at 400 degrees F., covered, for 25-35 minutes, until soft when pierced with a fork. Add broth, curry powder, apricots and nuts to cooked rice and stir gently. Heat on low heat until warmed throughout. Transfer to serving dish, top with carrots, and serve.

\*To toast nuts, simply spread them in a small pan in a 400 degree F. oven and heat them for 5 to 8 minutes, checking often, until you can smell their oils when you open the oven. Or, you can heat them on the stove in a small pan, stirring and watching closely.

#### **Nutritional Analysis per serving (based on 3 cups uncooked rice):**

625 calories  
134 grams carbohydrate  
12 grams protein  
4 grams fat  
0 grams saturated fat  
0 milligrams cholesterol  
124 milligrams sodium  
6 grams fiber  
6% calories from fat  
1 1/2 "5 A Day" servings